

Mind Full, or Mindful?

# what is mindfulness?



mindfulness is our ability to pay attention to the present moment, with curiosity & without judgment

**mindfulness can be cultivated through a formal practice, like meditation...**

*...and we can bring mindful attention to our daily activities*

## **the benefits of mindfulness include:**

increased empathy and compassion 

**+** improved immune functioning

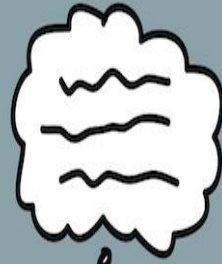
increased happiness and optimism 

 improved sleep 

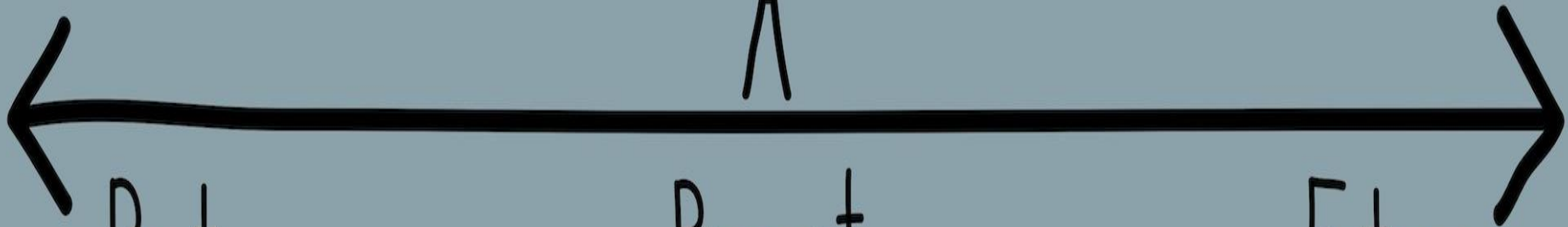
greater focus and concentration

reduced stress and anxiety 

Your body is present.



Is your mind?



Past

Present

Future





<https://app.gonoodle.com/channels/flow>





just be in the moment...